

UNIFORM GENERAL NOTES

Correct uniform enables our instructors to see the dancers' bodies clearly so corrections to alignment and placement may be made and injuries avoided. It also provides a standard, professional appearance for the School. Uniform violations will be discussed with the student or parent. While uniform requirements apply broadly, we recognize that individual needs may differ. Students and parents are welcome to discuss adjustments with us regarding gender, comfort, or other personal factors.

Hair:

- All female or female identifying students should have their hair pulled back off their face and styled into a tight bun. In cases where the hair is too short for a bun, it must still be neatly groomed and styled away from the face and neck, ensuring that the head and neckline remain visible. All male or male identifying students with long hair must have their hair pulled back off their face.
- Special attention should be given to creating a precise and secure bun for performances. After completing the performance bun, it is advisable to spray a layer of hairspray on the head to minimize "frizzies," as these become very noticeable under stage lighting.
- [How-to Make a Bun Video](#)

Water Bottles:

- Water bottles with only water are allowed. Water breaks will be granted at the instructor's discretion.
- Please ensure that the water bottle is labeled with the dancer's name for easy identification.
- Water bottles cannot be stored at the front of the dance studio.

Jewelry & Watches:

- No jewelry of any kind is permitted, including earrings, necklaces, wristbands, etc. This rule is in place for safety reasons, as jewelry can become entangled with clothing or skin. The exception is made for dancers who have recently had their ears pierced and cannot remove their earrings. In this case, please conceal the earrings with a Band-Aid.
- Watches, including traditional watches, smartwatches, Fitbits, step-counters, etc., are not allowed during dancing. This prohibition is for safety reasons, as these items can become entangled with clothing or skin and can be distracting for the dancer.

Lost and Found:

- We kindly request that you make it a habit to frequently check our lost and found area.
- Edmonton Location: Coatroom
- Sherwood Park Location: AV cart or coatroom

Pre-Beginner, Beginner, Grade 1, Grade 2 Certificate

FEMALE: Uniform Details

1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances. For individuals with deeper or darker skin tones, we recommend choosing performance tights in a close or complementary shade that complements your skin tone.
3. **Pre-Beginner, Beginner:** Black short sleeve bodysuit with rounded neckline for all classes.
Grades 1, 2C: Black high-neck tank bodysuit for all classes.
4. Black pull-on skirt for all classes.
5. [Red full sole leather dance slippers](#) for all classes (with shoelace strings tucked in).
6. Hair off the face and in a tight bun for all classes.

FEMALE: Uniform Summary By Class

CORE + BALLET + INTENSIVE: Tights, bodysuit, skirt, red leather slippers.

MALE: Uniform Details

1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes.
3. [Black full sole leather dance slippers](#) for all classes and performances (with shoelace strings tucked in).
4. Black ankle socks for all classes.
5. Black knee-length socks for all performances. **Pre-Beginner only:** Black ankle socks for performances.

MALE: Uniform Summary By Class

CORE + BALLET + INTENSIVE: T-shirt, shorts, ankle socks, black leather slippers.

Grade 2 Diploma, Grade 3, Grade 4, Grade 5, Grade 6, Grade 6D

FEMALE: Uniform Details
1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances. For individuals with deeper or darker skin tones, we recommend choosing performance tights in a close or complementary shade that complements your skin tone.
3. Black high-neck tank bodysuit for all classes.
4. Black pull-on character skirt for all classes except Ballet. NEW
5. Tan Elastabootie shoe for all classes except Ballet.
6. Pink full sole leather slippers for Ballet-only.
7. Hair off the face and in a tight bun for all classes.
FEMALE: Uniform Summary By Class
CORE + INTENSIVE: Tights, bodysuit, character skirt, tan Elastabootie shoes.
BALLET: Tights, bodysuit, pink leather slippers.
TRICKS: Relaxed uniform-must be able to move freely. Hair in bun and off face.

MALE: Uniform Details
1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes.
3. Black Elastabootie shoe for all classes except Ballet.
4. Black full sole leather dance slippers for Ballet.
5. Black ankle socks for all classes.
6. Black knee-length socks for all performances.
MALE: Uniform Summary By Class
CORE + INTENSIVE: T-shirt, shorts, ankle socks, black Elastabootie shoes.
BALLET: T-shirt, shorts, ankle socks, black leather slippers.
TRICKS: Relaxed uniform - must be able to move freely.

Grade 8

FEMALE: Uniform Details
1. Pink convertible tights for all classes.
2. Light tan fully footed tights for performances. For individuals with deeper or darker skin tones, we recommend choosing performance tights in a close or complementary shade that complements your skin tone.
3. Black camisole bodysuit for all classes.
4. Black character skirt for all classes except Ballet. Black shorts may still be worn, but a character skirt must always be brought to class.
6. Tan Elastabootie shoe for all classes except Ballet.
7. Pink canvas split sole slippers for Ballet-only.
8. Hair off the face and in a tight bun for all classes.
FEMALE: Uniform Summary By Class
CORE + INTENSIVE: Tights, bodysuit, character skirt, tan Elastabootie shoes.
BALLET: Tights, bodysuit, pink canvas split sole slippers.
TRICKS: Relaxed uniform-must be able to move freely. Hair in bun and off face.

MALE: Uniform Details
1. Plain white t-shirt tucked in for all classes.
2. Black shorts for all classes. Black pants can be worn for Ukrainian classes. Shorts are required for ballet.
3. Black Elastabootie shoe for all classes except Ballet.
4. Black canvas split sole slippers for Ballet-only.
5. Black ankle socks for all classes.
6. Black knee-length socks for all performances.
MALE: Uniform Summary By Class
CORE + INTENSIVE: T-shirt, shorts, ankle socks, black Elastabootie shoes.
BALLET: T-shirt, shorts-only, ankle socks, black canvas slippers.
TRICKS: Relaxed uniform - must be able to move freely.